



Barriers to Physical Activity - Suggestions

1. **Feeling embarrassed about your weight and being seen by others?** Once you start exercising, the anxiety about being seen by others will decrease. Are others really looking at you? In most cases, other people are focusing on their own exercise program.
2. **Having little experience or unpleasant associations with exercise which makes it unappealing?** Remember just a little activity makes a big difference. You don't have to go to extremes. As a matter of fact, a good rule of thumb is that you should be able to talk to a friend while exercising, and if you can't talk, you are pushing too hard.
3. **Not being in the mood to exercise.** When you exercise, your mood almost always improves!
4. **Weather.** There are many ways to exercise in inclement weather. You can get an exercise tape from the local library; exercise to a televised program, use items around the house for strength training, join the local YMCA or other health facility, put on some music and dance non-stop for an hour.
5. **Time.** Every bit of activity helps. Try to grab 10 minutes of exercise whenever you can. Spread the time throughout the day.
6. **Not having a good place to be active.** There are lots of good places to be active (examples: the park, home, recreational center, school track, walking at the mall, backyard).

7. **Lack of money.** There are many ways to perform physical activity with little or no money (examples: walking, using household items for weights, working in the yard).
8. **Pain.** Some minor discomfort is normal when starting to exercise if you are out of shape. However, if pain becomes severe when you are active or if you are suffering from chronic pain, you should consult with a doctor before beginning an exercise program.
9. **Lack of support or encouragement from others.** Ask for help. Tell your families and friends that you are trying to lose weight and become more physically active. Maybe a friend or family member may want to be an exercise buddy to help you meet your goals.
10. **Illness or disability.** Almost everyone can do physical fitness activities with the necessary modifications for each person's need. Make sure that you get a medical clearance prior to exercising.
11. **Job or work demands.** Why not exercise at your desk, in the office, or take the stairs instead of riding the elevator? Perhaps you can wake a few minutes earlier in the morning to fit in some physical activity. Every little bit helps!
12. **Psychological or emotional difficulties such as stress, depression, etc.** It may help to discuss your problems with someone who can be sympathetic or helpful. A mental health professional may also be helpful.